

14
Bretmor. 1629.

A New Almanacke. and
Prognostication for the
yeere of our Redem-
tion, 1629.

*Being the first from Bissextile, or
Leape Yeare.*

Rectified for the eleuation of the Pole
Articke, and Meridian of the famous
Citie of *London* and
may serue for the most parts of Great

Qui sit Laudatur, qui ne sit vituperatur.

By Ezechiel Bretmor, Philomaticum.

LONDON,
Printed for the Companie of
Stationers.

A note in severall of the moueable Feasts, and other things, appertaining vnto this present yeare of grace 1629. according to

Old Account **bled** } **The new Gregorian Account**
in **England.** } **bled beyond Seas.**

15	The Golden number.	15
14	The Cycle of the Sun.	14
15	The Epact.	5
12	The Romane Indiction	12
10	Dominicall Letter,	7
February. 15	Shrove-Sunday.	25 Februarie
February. 18	Ashwendsday.	28 Februarie
April. 5	Easter day.	15 April.
May. 10	Ascension Sunday.	20 May.
May. 14	Ascension day.	24 May.
May. 24	Trinitie Sunday.	3 June.
November 29	Trinitie Sunday.	2 Decemb.

Times prohibited for Marriage.

From { After Advent Sun.
After Septuagesim.
Ascension day. } Till { 8. days after
the Epiphany
6. days af. Ea-
ster, Trinit. sund.

Septuagesima. }
 Sexagesima. } are before } 9 }
 Quinquagesim. } Easter } 8 }
 Quadragesima. } } 7 }
 } } 6 } Weeks.

A necessarie Rule to know the beginning
and ending of euery Terme, with their
Returnes this yeere. 1629.

Billarte Terme, beginneth the 23. of Ianuary, and endeth the 12. of February, and hath 4. Returnes.

Octa. Hill. Ianuary 21. } } C. af. Puri. February, 3.
Quin. Hill. Ianuary. 27. } } Octa. Puri. February. 9.

Efter Terme, beginneth the 22. of Aprill, and endeth the 18. of May, and hath 5. Returnes.

Quin. pas. Apr. 20 } } Mc. pas. May. 4 } } Qu. pas. Ma. 11
Tres pas. May. 27 } } Cras. Al. Ma. 15

Trinitie Terme, beginneth the 5. of Iune, and endeth the 24. of Iuly, and hath 4. Returnes.

Cras. Trin. Iune 1 } } Quin. Trin. Iun. 15.
Octo. Trin. Iune 8 } } Tres Trin. Iun. 22.

Michaelmas Terme, beginneth the 9. of October, and endeth the 28. of Nouember, and hath 8. Returnes.

Octa Mich. Octo. 6. } } Cras. Annim. Nouem. 3.
Qui. Mich. Octo. 13. } } Cras. Mar. Nouemb. 12.
Tres Mich. Octo. 20. } } Octo. Mar. Nouemb. 18.
Men. Mich. Octo. 27. } } Quin. Mar. Nouem. 25.

Note also that the Exchequer openeth eight dayes before any Terme begins, except Trinitie Terme, in which it openeth but foure dayes before.

A briefe direction to know what part of
Mans body is subiect to any of the 12.

Celestiall signes.

Aries, Head and face.

Taurus,
Neck and
throat.
Cancer,
Brest and
Stomache.

Virgo,
Bosoms
& Belly.

Scorpio,
Secret
members

Capricorn
the knees



Gemini,
Armes &
Shoulders
Leo,
Heart and
backe.

Libra,
Reynes
& Iepnes.

Sagittarius
The
thighes.

Aquarius
The legs.

Pisces, the feet.

The nature of the twelue Signes.

Aries, Leo, Sagittarius, Signes, Orientall, hote and
drye, fieris of Complexion, and are likened to the Sum-
mer or Harvest.

Taurus, Virgo, Capricorne, Signes, Meridionall,
cold and drye, earthy of Complexions, and are like-
ned to Autume, or fall of the Lease.

Gemini, Libra, Aquarius, Signes, Occidentall,
warre and moist, Ayre of Complexions, Sanguine,
are likened to the Spring-time.

Cancer, Scorpio, Pisces, Signes, Sep'tentrionall,
cold and moist, watric, of Complexions Plegmaticke,
are likened to the winter.

January hath xxxj. dayes.

Day.	Sun Riset	Leng. of day	Sun setteth.	Len. of nig.
1	Ho. 8. M. 4	Ho. 8. M. 2	Ho. 3. M. 56	Ho. 15. M. 58
10	Ho. 7. M. 53.	Ho. 15. M. 21	Ho. 4. M. 7	Ho. 15. M. 39
20	Ho. 7. M. 38	Ho. 8. M. 50	Ho. 4. M. 22	Ho. 15. M. 10

1	a	Leo.	19	11	d
2	b	Oct. Steph.	Virg.	12	e
3	c	Oct. John.	Virg.	13	f
4	d	Oct. Innoc.	Libr.	14	g
5	e	Edmond dep.	Libr.	15	a
6	f	Twelve day.	Libr.	16	b
7	g	Felix & Jan.	Scor.	17	c
8	a	Lucian.	Scor.	18	d
9	b	Joyce virg.	Sag.	19	e
10	c	Solus Aquar.	Sag.	20	f
11	d	1. Sun. aft. Epi.	Sag.	21	g
12	e	Archadius.	Capr.	22	a
13	f	Hilarie bish.	Capr.	23	b
14	g	Felix. Priest.	Aqua.	24	c
15	a	Maurice & M.	Aqua.	25	d
16	b	Marcellus B.	Aqua.	26	e
17	c	Anthony dep.	Pisc.	27	f
18	d	2. Sun. aft. Epi.	Pisc.	28	g
19	e	Crispian bish.	Aries.	29	a
20	f	Fabian & feb.	Aries.	30	b
21	g		Taur.	31	c
22	a	Vincent mar.	Taur.	1	d
23	b	Germe begin	Taur.	2	e
24	c	Timothy.	Gem.	3	f
25	d	3. Sun. af Epi.	Gem.	4	g
26	e	Solcarp isb.	Tanc.	5	a
27	f	Julia Conf.	Tanc.	6	b
28	g		Leo.	7	c
29	a	Valertus bish.	Leo.	8	d
30	b	Battid. Da.	Virg.	9	e
31	c	Saturine.	Virg.	10	f

Last quar-
the 6. day, at
7 of the clocke
and 31. min. in
the morning.

New moon
the 14. day, at
10. of the clock
and 54. min. in
the morning.

First quar-
ter the 22. day
at 7. of the clock
in the morn-
ing.

February.

Full moon
the 28. day, at
11. of the
clock, 15 min.
in the after-
noone.

Februarie hath xxviij. dayes

Day.	Sun	Riseth	Leng. of day	Sun setteth.	Leng. of nig.
1	Ho.	7. M. 17.	Ho. 9 M. 34.	Ho. 4. M. 43.	Ho. 14. M. 26
10	Ho.	6. M. 58.	Ho. 9. M. 0.	Ho. 5. M. 2.	Ho. 13. M. 54
20.	Ho.	6 M. 39.	Ho. 10. M. 46	Ho. 5. M. 21.	Ho. 13. M. 14

1	D	4. Sund. af. Epi.	Libz.	10	11	G
2	e	Purif. of Ma	Libz.	24	12	a
3	f	Blase bish.	Scor.	7	13	b
4	g	Gilbert. conf.	Scor.	20	14	f
5	a	Agathe virg	Sag.	2	15	d
6	b	Dorothe vir.	Sag.	15	16	e
7	c	August. bish.	Sag.	27	17	f
8	D	Pante bish.	Capz.	9	18	G
9	e	Spolionius.	Capz.	22	19	a
10	f	Sol in Pisce	Aqua.	3	20	b
11	g	Euphrasia.	Aqua.	14	21	c
12	a	Terrence bish.	Aqua.	26	22	d
13	b	Volfron.	Pisc.	8	23	e
14	c	Valentine.	Pisc.	20	24	f
15	D	Shrove Sunday.	Aries	2	25	G
16	e	Julian vicg.	Aries	15	26	a
17	f	Polichron. b.	Aries	28	27	b
18	g	Shrove Tuesday.	Taur.	11	28	d
19	a	Sabins. mart	Taur.	24	1	d
20	b	Melbied.	Gem.	8	2	e
21	c	69. Mart.	Gem.	23	3	t
22	D	1. Sun. in Lent.	Canc.	7	4	G
23	e	Fast.	Canc.	22	5	a
24	f	March. Apo.	Leo.	9	6	b
25	g	Polycarpus.	Leo.	21	7	c
26	a	Pector.	Virg.	6	8	d
27	b	August. bish.	Virg.	14	9	e
28	c	Oswald. bish.	Libz.	10	01	f

Last quarter the 4. day, at 12. of the clock at night

New moon the 13. day, at 5. of the clock and 19. minur. before noone.

March.

First quart. the 20. day, at 5. of the clock and 10. min. in afternoon
 Full moon the 27. day, at 9. of the clock and 44. min. in the morning.

March hath xxxj. dayes.

Day.	Sun Riset.	Leng. of da.	Sun setteth.	Leng. of da
1	Ho. 6. M. 21.	Ho. 11. M. 24	Ho. 5. M. 39.	Ho. 12. M. 36.
10	Ho. 6. M. 2.	Ho. 12. M. 0.	Ho. 5. M. 58.	Ho. 12. M. 0.
20	Ho. 5. M. 44.	Ho. 12. M. 40	Ho. 6. M. 16.	Ho. 11. M. 02.

1	D	2. Sun. in Lent	Aioz. 11		11	e
2	e		Decz. 0		12	a
3	f	Martin & Au	Decz. 15		13	b
4	g	Julian	Decz. 27	☾ Last quar-	14	c
5	a	Eusebius.	Mag. 10	ter the 6. day,	15	d
6	b	Victor & Vic	Mag. 23	50. min. after	16	e
7	c	Felix deposed	Cap. 5	6. in the after	17	f
8	D	3. Sun. in Lent.	Capz. 17	noone.	18	g
9	e	Igaipie virg	Capz. 29		19	a
10	f	Sol in Aries.	Aqua. 11		20	a
11	g	Quirine & E	Aqua 23		21	c
12	a	Egeoz.	Disc. 5	● new moon	22	d
13	b	Theodore.	Disc. 17	the 14. day, at	23	e
14	c	47. Martys.	Disc. 29	8. of the clocke	24	f
15	D	4. Sun. in Lent.	Aries. 12	and 53. min. in	25	g
16	e	Gertrude vir	Aries. 25	the after noon	26	a
17	f	Patricke.	Taur. 8		27	b
18	g	Edward k.	Taur. 21		28	c
19	a	Iosep Mar.	Gem. 5	☾ first quar-	29	d
20	b	Eurbert bish	Gem. 19	ter the 22. day,	30	e
21	c		Canc. 3	at neere 1. in	31	f
22	D	5. Sun. in Lent	Canc. 17	the morning.	1	g
23	e	Theodorit p.	Leo. 2	April	2	a
24	f	Agapt. fall	Leo. 17		3	b
25	g	Ann. of Mar	Virg. e		4	c
26	a	Castor mart.	Virg. 15	● full moon	5	d
27	b	Luc. Re. Carol	Virg. 29	the 28. day, at	6	e
28	c	Dorothea virg	Libz. 13	8 of the clocke	7	f
29	D	Salme Sun.	Libz. 27	and 36. min. at	8	g
30	e	Sabine virg	Decz. 10	night.	9	a
31	f	Abelme bish	Decz 23		10	b

april hath xxx. dayes.

Day.	Sun Risetht.	Leng. of da.	Snn settreth.	Len. of nig.
1	Ho. 5. M. 18	Ho. 13. M. 16	Ho. 6. M. 42.	Ho. 10. M. 34
10	Ho. 5. M. 1	Ho. 13. M. 58	Ho. 6. M. 59.	Ho. 10. M. 2.
20	Ho. 4. M. 44.	Ho. 14. M. 54	Ho. 7. M. 16.	Ho. 9. M. 26.

1	g	Theodore.	Sag.	5		11	c
2	a	Mary Egypt	Sag.	18		12	d
3	b	Richard bish.	Sag.	30		13	e
4	c	Ambrose.	Capz.	12	(Last quar-	14	f
5	d	John bish.	Capz.	25	ter the 5. day.	15	g
6	e	Seerus mart	Aqua.	7	at 2. of the	16	a
7	f	Egistipus.	Aqua.	19	clocke 13 min	17	b
8	g	Perpetuus	Pisc.	1	in the afterno	18	c
9	a	7000. Virgins	Pisc.	13		19	d
10	b	Sabinus	Pisc.	26		20	e
11	c	Leo 1. Pap.	Arte.	8	● new moon	21	f
12	d	John bish.	Arte.	21	the 13. day, at	22	g
13	e	Lenon Bish.	Taur.	4	9 of the clocke	23	a
14	f	Olimpia.	Taur.	8	and 33. min in	24	b
15	g	Oswald arch	Gem.	1	the forenoone.	25	c
16	a		Gem.	15		26	d
17	b	Osmeund.	Gem.	29		27	e
18	c	Clucherius.	Sanc.	14	● first quar-	28	f
19	d	2. Sun. af. East.	Sanc.	28	ter the 10. day	29	g
20	e	Victor Bish	Leo.	13	at 6. of the	30	a
21	f	Simon bish	Leo.	24	clocke and 57.	1	b
22	g	Germe bish	Virg.	11	min. in ½ fore-	2	c
23	a	S. George.	Virg.	25	noone.	3	d
24	b	Willfrid bish	Libz.	9		4	e
25	c	John bish	Libz.	23		5	f
26	d	3. Sun. af. East.	Decz.	6	● full moon	6	g
27	e	Anastatius.	Decz.	18	the 27. day, at	7	a
28	f	Vitalis mar.	Sag.	1	8. of the clock	8	b
29	g	Peter of mill	Sag.	13	in the moze-	9	c
30	a	Dep. Erken	Sag.	26	ning.	10	d

May bath xxij. dayes.

Day.	Sun Riset.	Leng. of da.	Sun setteth.	Leng. of nig.
1	Ho. 4. M. 24.	Ho. 15. M. 10	Ho. 7. M. 3.	Ho. 8. M. 50
10	Ho. 4. M. 11.	Ho. 15. M. 3	Ho. 7. M. 49	Ho. 8. M. 24.
20	Ho. 4. M. 0.	Ho. 15. M. 58	Ho. 8. M. 0	Ho. 8. M. 2.

1	b	Cap.	8		11	c
2	c	Sathanatus.	Cap.	20	12	f
3	d	4. Sun. af. East.	Aqua.	2	13	g
4	e	Christopher.	Aqua.	14	14	a
5	f	Goddard Dr	Aqua.	26	15	a
6	g	John of beue	Pisc.	9	16	c
7	a	Isbn of beue	Pisc.	21	17	d
8	b	Appar. Mich	Aries.	4	18	e
9	c	Gregor. tran.	Aries.	16	19	f
10	d	Regar. Dunt	Aries.	30	20	g
11	e	Sol. in Gemini.	Taur.	3	21	a
12	f	Anthonsie.	Taur.	27	22	b
13	g	Servatius	Gem.	11	23	c
14	a	Ascension Day	Gem.	25	24	d
15	b	Aladoze mas.	Canc.	10	25	e
16	c	Brandon bish	Canc.	24	26	f
17	d	6 Sun. af. East.	Leo.	9	27	g
18	e	Germe cabs	Leo.	23	28	a
19	f		Virg.	8	29	b
20	g	Bernardine.	Virg.	22	30	c
21	a	Hellen queer	Lib.	6	31	d
22	b	Iulian. virg	Lib.	19	1	e
23	c	Wessertina	Scor.	3	2	f
24	d	John of beue	Scor.	15	3	g
25	e	Idelme bish.	Scor.	28	4	a
26	f	August Conf	Sag.	10	5	b
27	g	Wibe Bric	Sag.	22	6	c
28	a	Germaine bish	Cap.	4	7	d
29	b	Cozen. Mart	Cap.	16	8	e
30	c	Felix Bish.	Cap.	28	9	f
31	d	John of beue	Aqua.	10	10	g

☾ Last quarter the 14. day, at 8. of the clocke, and 30. min. in the morning.

☉ new moon the 12. day, at 7. of the clocke 32. min. in the afternoone.

☾ First quarter the 19. day, at 12. of the clock 28. min.

☉ Full moon the 26. day, at 9. of the clocke at night.

Inne hath xxx. dayes.

Day.	Sun Riset.	Leng. of da.	Sun setteth	Len. of nig.
1	Ho. 3. M. 49	Ho. 16. M. 12	Ho 8. M. 11	Ho 7. M. 48
10	Ho. 3. M. 47	Ho. 16. M. 2	Ho 8. M. 13	Ho 7. M. 39
20	Ho. 3. M. 48	Ho. 16. M. 13	Ho. 8. M. 12	Ho. 7. M. 47.

1	e	O to S. Joh.	Aqua. 21		11	a
2	f	Wit. of Mary	Pisc. 4		12	b
3	g	Trans. Tho	Pisc. 16		13	c
4	a	Trans. Mar.	Pisc. 29	(Last quar-	14	d
5	b	Terme beati	Brie. 11	ter the 4. day,	15	e
6	c	Claudius.	Brie. 24	20. min. before	16	f
7	d	1. Sun. af. Trin.	Taur. 8	one in ½ mo-	17	g
8	e	W. Edward.	Taur. 21	nung.	18	a
9	f	Edmond tra.	Gem. 5		19	b
10	g	Juan. Confel.	Gem. 20		20	c
11	a	Sol in Cancer	Canc. 4	● new moon	21	d
12	b	Basildes.	Canc. 19	the 11. day, at	22	e
13	c	Anthonye.	Leo. 4	3. of the clocke	23	f
14	d	2. Sun. af. Trin.	Leo. 19	and 53. min in	24	g
15	e	Wite & Wob	Virg. 3	the morning.	25	a
16	f	Richard tran.	Virg. 18) first quar-	26	b
17	g	Butolph.	Libz. 2	ter the 17. day	27	c
18	a	Mar. & Mar.	Libz. 16	at 6. of the af-	28	d
19	b	Gertradius.	Libz. 29	ternoone, and	29	e
20	c	Tran. of Ed.	Scor. 12	46 min.	30	f
21	d	3. Sun. af. Trin.	Scor. 25	Full.	1	g
22	e		Sag. 7		2	a
23	f	Full.	Sag. 20		3	b
24	g	Joh. Baptis	Capz. 11		4	c
25	a	Terme ends	Capz. 29		5	d
26	b	John & Paul.	Aqua. 7	● ful moon	6	e
27	c	Crescentia.	Aqua. 18	the 25 day, at	7	f
28	d	4. Sun. af. Trin.	Aqua. 21	a 11. of ½ clock	8	g
29	e	Peter Apost	Pisc. 2	and 28. min. in	9	a
30	f	Com. of Paul	Pisc. 13	the forenoon.	10	b

July hath xxxj. dayes.

Dad.	Sun Riset	Leng. of day	Sun setteth.	Len. of nig.
1	Ho. 3. M. 55.	Ho. 16. M. 2	Ho 8 M.	Ho 7. M. 58.
10	Ho 4. M. 6	Ho. 15. M. 42	Ho. 7. M. 54	Ho 8. M. 18
20	Ho. 4. M. 18.	Ho. 15. M. 18	Ho 7. M. 42	Ho. 8. M. 42.

1	g	Octo John.	Pisc.	24		11	c
2	a	Will of Mary.	Aries	7		12	d
3	b	Tran. of Tho.	Aries	19	(Last quar-	13	e
4	c	Tran. of Ma.	Taur.	2	the 3. day, at	14	f
5	d	5. Sun. at. Tri.	Taur.	26	2 of the clocke	15	g
6	e	Octo Peter.	Taur.	29	22. min. in the	16	a
7	f	Tho. M. tran.	Gem.	14	afternoone.	17	b
8	g	Grimbald.	Gem.	28		18	c
9	a	Cirillus bish.	Canc.	13		19	d
10	b	7 Beth. mar.	Canc.	28	☉ new moon	20	e
11	c	Trans Ben.	Leo.	13	the 10. day, at	21	f
12	d	6. Sun. af. Trni.	Leo.	28	2. of the clocke	22	g
13	e	Sol in Leo.	Virg.	12	and 15 min in	23	a
14	f	Heracly.	Virg.	27	the forenoone	24	b
15	g	St Swithin	Libz.	11		25	c
16	a	Olmond. tran	Libz.	25	☾ first quar-	26	d
17	b	Katherine.	Scor.	9	ter the 17 day	27	e
18	c	Arnolphus.	Scor.	22	at thre of the	28	f
19	d	Dog day beg.	Sag.	4	clocke and 8.	29	g
20	e	Margar.	Sag.	1	min. in the	30	a
21	f	Paxed	Sag.	29	morning.	31	b
22	g	Mary Mag	Capz.	11		1	c
23	a	Apolonarius	Capz.	23		2	d
24	b	Jack	Aqua.	4		3	e
25	c	James Apo.	Aqua.	16		4	f
26	d	3. Sun. af. Trin.	Aqua.	28	☉ ful moon	5	g
27	e	7. Sleepers	Pisc.	9	the 25 day, at	6	b
28	f	Samplon.	Pisc.	21	2. of the clock	7	c
29	g	Marta. virg	Aries.	3	and 42 min. in	8	d
30	a	Abdon & S.	Aries.	15	the Morning.	9	e
31	b	Germanus.	Aries.	25		10	f

August hath xxxj. dayes.

Day.	Sun Riset	Leng. of day	Sun setteth.	Len. of night.
1	Ho. 4 M. 38.	Ho. 14 M. 40	Ho. 7 M. 22	Ho. 9 M. 20.
10	Ho. 4 M. 55.	Ho. 14 M. 8.	Ho. 7 M. 5.	Ho. 9 M. 52
20	Ho. 5 M. 13.	Ho. 13 M. 4.	Ho. 6 M. 47.	Ho. 10 M. 26.

1	Lammes day	4 Aug. 11			11	
2	9. Sund. at. Tri	Taur. 24	☾ Last quar-		12	
3		Gem. 8	ter the 2. day,		13	a
4	Inuent Ste	Gem. 22	at one of the		14	b
5		Cane. 7	clocke and 4.		15	c
6	2. Eia. of Chri	Can. 21	min. in the		16	d
7	8. Feast of Iesu	Leo. 6	morning.		17	e
8	e. Ciriacke.	Leo. 21			18	f
9	10. Sun. af. Tri	Virg. 6			19	☾
10	e. Lauren mart.	Virg. 21	☾ New moon		20	a
11	f. Tiburt. mar	Libz. 6	the 8. day, at		21	b
12	g. Solm Virgo	Libz. 20	6. of the clock		22	c
13	a. Hippolit bish.	Scor. 4	and 23 min in		23	d
14	b. Euseb Conf	Scor. 7	the afternoon		24	e
15	c. Illum. of ma.	Scor. 37			25	f
16	☾ 11. Sun. af. Tri.	Sag. 13	☾ First quar-		26	☾
17	e. Otto Lauren.	Sag. 26	ter the 15. day		27	a
18	f. Agapit mart	Capz. 8	at two of the		28	b
19	g. Lewis bish.	Capz. 20	clock and 48.		29	c
20	a. Barnard.	Aqua. 2	min in the af-		30	d
21	b. Quat mart.	Aqua. 13	ternnone.		31	e
22	c. Otto mart.	Aqua. 25	☾ New moon		1	f
23	☾ 12. Sun. af. Tri.	Pisc. 7	☾ Full moon		2	☾
24	e. Barthol. ap	Pisc. 19	the 13. day, at		3	a
25	f. Helois King.	Pisc. 30	6. of the clock		4	b
26	g. Severinus.	Arie. 12	and 13 min. in		5	c
27	a. Prudent	Arie. 25	the afternoon		6	d
28	b. Joh. beheaded	Taur. 7	☾ Last quar-		7	e
29	c.	Taur. 2	ter the 21. day		8	f
30	☾ 13. Sun. af. Tri.	Gem. 4	a 11. of clock		9	☾
31	e. Cuthbert. bi.	Gem. 17	& 19 m. for no		10	a

September hath xxx. dayes.

Day	Sun Riset.	Leng. of da.	Sun set.	Len. of nig.
1	Ho. 5. M. 36.	Ho. 12. M. 46	Ho. 6. M. 24.	Ho. 11. M. 11
10	Ho. 5. M. 55.	Ho. 12. M. 12	Ho. 6. M. 5	Ho. 11. M. 48
20	Ho. 6. M. 14.	Ho. 11. M. 36	Ho. 5. M. 26.	Ho. 12. M. 24

1	f	Giles Abbot. Canc.	1
2	g	Nathonic. Can.	16
3	a	Gregorie. Canc.	30
4	b	Trans. Cuth. Leo.	15
5	c	Bertinus Leo.	30
6	d	14. Sun. af. Tri. Virg.	15
7	e	Enercius bl. Virg.	29
8	f	Nat. of Mary Libz.	14
9	g	Gorgontus. Libz.	28
10	a	Dillius bish. Scoz.	12
11	b	Sol. 1. Sun. Scoz.	25
12	c	Martinian. Sag.	8
13	d	15. Sun. af. Tri. Sag.	21
14	e	Ricomedc. Capz.	4
15	f	Edich virg. Cap.	16
16	g	Lambert bish Cap.	28
17	a	Aqn.	10
18	b	Victor & Coz. Aqu.	22
19	c	January mar. Pisc.	4
20	d	16. Sun. af. Tri. Pisc.	16
21	e	Mar. 1. Mar. Pisc.	28
22	f	Maurice. Dries.	10
23	g	Linus Papa. Dries.	22
24	a	Andocherus Taur.	5
25	b	Firmin bish Taur.	17
26	c	Exp. 1. & Just. Taur.	30
27	d	17. Sun. af. Tri. Gem.	14
28	e	Gem.	27
29	f	18. Sun. af. Tri. Canc.	11
30	g	Jerome mar. Canc.	26

● new moon
the 2. day, at
2. of the clock
and 29 min in
the morning.

● first quar=
ter the 14 day
at 6. of ½ clock
and 25 min. in
the morning.

● full moon
the 22. day, at
10. of ½ clock
and 6. min. in
the morning.

October.

● Last quar=
ter the 29. day,
at 7. of ½ clock
and 20 min. in
the afternoon.

11	b
12	c
13	d
14	e
15	f
16	g
17	a
18	b
19	c
20	d
21	e
22	f
23	g
24	a
25	b
26	c
27	d
28	e
29	f
30	g
1	a
2	b
3	c
4	d
5	e
6	f
7	g
8	a
9	b
10	c

October hath xxxj. dayes.

Day.	Sun Riset.	Leng. of da.	Sun setteth.	Len. of nig.
1	Ho. 6 M. 37	Ho. 10. M. 54	Ho. 5. M. 23	Ho. 13. M. 6.
10	Ho. 6. M. 54	Ho. 10. M. 18	Ho. 5. M. 6	Ho. 13. M. 40
20	Ho. 7. M. 11.	Ho. 9. M. 42.	Ho. 4. M. 49.	Ho. 14. M. 18

1	a	Bemigtus.	Leo.	10		11	d
2	b	Leodegarns.	Leo.	25	● new moon	12	e
3	c	Candibus. M.	Virg.	10	the 6. day, at	13	f
4	d	18. Sun. af. 11.	Virg.	24	12. of the clock	14	g
5	e	Apollonarius	Lib.	9	and 14. min. 3.	15	a
6	f	Pathe. virg.	Lib.	23	quarters be-	16	b
7	g	Mar. e. Mar.	Scor.	7	foze on. in the	17	c
8	a	Delagius. vir	Scor.	21	morning.	18	d
9	b	Terme begin.	Sag.	4		19	e
10	c	Gerlon. bict.	Sag.	16		20	f
11	d	19. Sun. af. Tri.	Sag.	29	● first quar-	21	g
12	e	Wulfred bish.	Cap.	12	ter the 14. day	22	a
13	f	Sol in Scorp.	Cap.	24	at 1. of ½ clo. k	23	b
14	g	Calixtus Pz.	Squ.	6	and 14. min. in	24	c
15	a	Wolfrane. bish	Squ.	18	the morning.	25	d
16	b	Michael mo.	Squ.	30		26	e
17	c	Fast	Pisc.	12		27	f
18	d	Lub. Evang.	Pisc.	24		28	g
19	e	Anstrebert.	Aries.	6	● full moon	29	a
20	f	11000 virgins	Aries.	19	the 22. day, at	30	b
21	g	Ursula virg.	Taur.	2	one of ½ clo. k	31	c
22	a	Mary Salo.	Taur.	14	and 6. min. in	1	d
23	b	Severine.	Taur.	28	the morning.	2	e
24	c	Mogloxe.	Gem.	11		3	f
25	d	21. Sun. af. Tri.	Gem.	24		4	g
26	e	Florence.	Canc.	8	November.	5	a
27	f	Fast.	Can.	22	● Last quar-	6	b
28	g	Wm. a. Inde.	Leo.	6	ter the 29. day,	7	c
29	a	Marcellus.	Leo.	20	at 3. of ½ clock	8	d
30	b	Victorius.	Virg.	4	and 5. min. in	9	e
31	c	Quintin.	Virg.	18	the morning.	10	f

November hath xxx. dayes.

Day	Sun Riserh.	Leng. of day	Sun letterh.	Len. of night
1	Ho. 7 M. 34	Ho. 9. M. 0	Ho. 4. M. 26.	Ho. 15. M. 0.
10	Ho 7. M. 49.	Ho. 8. M. 34.	Ho 4. M. 11.	Ho 15. M. 26.
20	Ho. 8. M. 11	Ho 8 M. 6	Ho. 3. M. 59.	Ho. 15. M. 54

1	D All Saints.	Libz.	4		1	G
2	e All Soules.	Libz.	18		12	a
3	f All Saints.	Scoz.	2	● new moon	13	b
4	g Amantius.	Scoz.	16	the 5. day, a	14	c
5	a Baptist Conf.	Scoz.	29	little before 1.	15	d
6	b Leonard.	Sag.	12	in ½ morning.	16	e
7	c Melibryde.	Sag.	25		17	f
8	D 23. Sun. af. Tri.	Capz.	8		18	G
9	e Theobore.	Capz.	20		19	a
10	f Martine.	Aqua.	2	☾ first quar-	20	b
11	g Martin bish.	Aqua.	14	ter the 12. day	21	c
12	a Sol in Sagit.	Aqua.	26	at 10. of the	22	d
13	b Mart. papa.	Pisc.	8	clock at night	23	e
14	c Wicceus bish.	Pisc.	20	and 20. min.	24	f
15	D 24. Sun. af. Tri.	Arie.	2		25	G
16	e Edmund dep.	Arie.	14		26	a
17	f Init. R. Elizab.	Arie.	27	● ful moon	27	b
18	g Oct. Martini.	Taur.	10	the 20. day, at	28	c
19	a Nat. K. Charls.	Taur.	23	3. of the clock	29	d
20	b Edmund kin	Gem.	7	and 20. min. in	30	e
21	c Pres. of M. a.	Gem.	21	the afternoon	1	f
22	D 25. Sun. at. Tri	Canc.	5		2	G
23	e Clement. mar	Canc.	19		3	a
24	f Grisogon ma.	Leo.	4		4	b
25	g Katherine vir.	Leo.	18	December.	5	c
26	a Line Mart.	Virg.	2	☾ Last quar-	6	d
27	b Agricola.	Virg.	16	ter the 27. day	7	e
28	c Come ends.	Virg.	30	at 10. of the	8	f
29	D Advent Sund.	Libz.	14	clocke and 54.	9	G
30	e Andrew Apo	Libz.	28	min in the	10	a
				forenoone.		

December hath xxxj. dayes.

Day	Sun	Riseth	Leng. of day	Sun	setteeth.	Leng. of nig
1	Ho. 8	M. 11.	Ho. 7. M. 4	Ho. 3.	M. 49.	Ho. 16. M. 12
10	Ho. 8.	M. 14.	Ho. 7. M 39.	Ho. 3.	M. 46.	Ho. 16. M. 21
20.	Ho. 8	M. 13.	Ho. 7. M. 47.	Ho. 3.	M. 47.	Ho. 16. M. 13

1	f	Ley With.	Scor.	1	11	b
2	g	Liban mart.	Scor.	25	12	c
3	a	Dep Oloren.	Sag.	8	13	d
4	b	Barbara vir.	Sag.	22	14	e
5	c	Nicholas bish.	Capr.	3	15	f
6	d	1. Sun. att. Ada.	Capr.	15	16	g
7	e	St. Andrew	Capr.	27	17	a
8	f	Con. of Mar.	Aqua.	6	18	b
9	g	Cyprian bish.	Aqua.	21	19	c
10	a	Eulalia virg.	Pisc.	3	20	d
11	b	Solin Capric.	Pisc.	15	21	e
12	c	Paulc With.	Pisc.	27	22	f
13	d	2. Sund. att. Ad	Aries	10	23	g
14	e	D. holte virg.	Aries	20	24	a
15	f	Valerius bish.	Taur.	5	25	b
16	g	D. Sapientia	Taur.	18	26	c
17	a	Lazarus Co.	Gem.	1	27	d
18	b	Grattian bish.	Gem.	15	28	e
19	c	Wenella virg.	Gem.	29	29	f
20	d	3. Sun. af. Adu.	Canc.	3	30	g
21	e	Thom. 390	Canc.	28	31	a
22	f	20. Mar. p. 15	Leo.	12	1	b
23	g	Utopia virg.	Leo.	27	2	c
24	a	Fast.	Virg.	12	3	d
25	b	Ch. stin day	Virg.	27	4	e
26	c	D. Depney.	Libz.	11	5	f
27	d	D. John Cu.	Libz.	25	6	g
28	e	Inucon 5.	Scor.	9	7	a
29	f		Scor.	22	8	b
30	g	James transf.	Sag.	5	9	c
31	a	St. Iustice ma.	Sag.	18	10	d

new moon
the 4. day, at
4. of the clock
and 14. min. in
the afternoon.

first quart.
the 11. day, at
7. of the clock
and 17. min. at
night.

full moon
the 20. day, at
4. of the clock
in 1/2 morning.

January 1620
last quar
ter the 26. day
at 7. of the
clock, and 56.
min. at night.

Bretnor. 1629.

A Prognostication, for this
Yeare of our Redemp'tion,
1629.

Being the first from *Bissexill* or
Leape-yeare.

Wherein is set downe, a description
of the foure Seasons of the Yeare, with
their Diseases and Sickneses; and
certaine Instructions for the
better preserving of Health

Whereunto are annexed a description of
the nature of the foure Cardinall
or principall Windes.

By *Ezech. Bretnor*, PHILOM.



LONDON,
Printed for the Company of Stationers.
1629.

The *Holy-daies* the well dispos'd,
vnto their mindes may call;
And such as vse to Fast, may finde
when *Fasting-daies* doe fall:
Physitians warned are of things,
that touch their Faculty;
The *Surgeons* of the chiefeſt Points
that longe to *Surgerie*:
To *Sowe*, to *Sett*, to *Graft*, to *Geld*,
to *Purge*, and to *Let-blood*,
The *Dayes* are quoaded to be knowne,
that thereunto are good:
The *Land-lords* comfort great may be,
their *Rent-daies* when they finde;
Their *Tenants* of their *Rents* as well,
are hereby put in minde:
The *Lawyers* looking well, may knowe
when *Termes* begin and end;
The *Sutors* see their Times also,
when they their *Fees* should send:
Besides, of needfull Things a sort,
declared in this Booke,
Set foorth at large in Titles fitt,
for each thereon to looke:
Wherefore good Reader, I thee pray
accept it as it is;
For the requitall of my paines,
I aske no more but this:
My meaning towards thee is good,
as best our Lord can tell,
Whom I beseech to grant, that
wee in Heauen may dwell.



A briefe and necessarie Computation of the
time compleate within this present yeare, 1629.

From Creation of the World vntill this present yeare, are concerned	5591
From the Creation vntill the Flood	1658
From the Creation vntill Christ	3986
From Noahs Flood to this present yeare	3935
Since the birth of Abraham	3643
Since the Israelites Departed out of Egypt	3138
Since the destruction of the Citie of Troy	2812
Since Bruite entered this Island	2736
Since the birth of our Saviour Christ	1629
Since England first receiued the Christian Fayth	1449
Since the Danes first entered England	611
Since the Conquest of England by Duke William	563
Since the Science of Printing was inuented	169
Since the Inuention of Gunnes	251
Since King Henry the 8. conquered Bulloigne	85
Since the infectious Sweating sickness, in Edward 6.	78
Since the Massacre in France	57
Since the beginning of M. Elizabeths Reigne	71
Since Pauls steeple fired by lightning	68
Since the great Plague at New haven	66
Since the Charles Rebellion in the North	60
Since the blasing Starre, and sharpe Winter	57
Since the former deepe Snow	49
Since the Campe at Tilbury in Essex	40
Since the greates Plague in London	26
Since the Gunpowder Treason	24
Since his Maiesties returne from Spaine	6
Since his Maiesties proclaiming worne God grant long to continue.	4

The beginning, continuance, and ending
of the Kings raignes since the Conquest
with the time how long it is since, to this
Yeare, 1629.

The Kings names	Began his raigne.	Raigned years.mon.daies	Since their Raigne
Wil. Conq.	1066 Octob. 14	20 11 23	563 Octob. 14
Wil. Rufus	1087 Septem. 9	12 11 10	511 Septem. 9
Henry 1	1100 August. 1	35 4 11	529 August. 1
Stephen	1135 Decem. 2	18 11 10	494 Decem. 2
Henry 2	1155 Octo. 25	34 9 24	475 Octo. 25
Richard 1	1189 Iuly 6	9 9 22	410 Iuly. 6
John	1199 April. 6	17 7 0	430 April. 6
Henry 3	1215 Octob. 19	56 1 0	413 Octob. 19
Edward 1	1272 Nouē. 16	34 8 9	359 Nouem. 16
Edward 2	1307 Iuly 7	19 7 6	322 Iuly 7
Edward 3	1326 Ianua. 25	50 5 7	303 Ianuary 25
Richard 2	1377 Iune 21	22 3 16	252 Iune 21
Henry 4	1399 Septe. 29	13 6 5	230 Septem. 29
Henry 5	1412 March 20	9 5 24	217 March 20
Henry 6	1422 August. 31	38 6 18	207 August. 31
Edward 4	1462 March 4	12 1 8	169 Mar. h. 4
Edward 5	1483 April 9	0 2 18	146 April 9
Richard 3	1483 Iune. 22	2 2 5	146 Iune. 22
Henry 7	1485 August. 23	23 8 19	144 August 22
Henry 8	1509 April. 22	17 10 1	120 April. 22
Edward 6	1546 Ianua. 28	6 5 19	83 Ianuary 28
Marv	1553 Iuly 6	5 4 22	76 Iuly 6
Elizabeth.	1558 Nouē. 17	44 4 15	71 Nouem. 17
K. Iames.	1602 March. 24	22 0 3	27 March. 24
K. Charles. 1625 March 27 after which, wanting 5 yeares.			



A Description of the foure Quarters of
the Yeare, and a declaration of the dispo-
sition of the same.

Of the Winter Quarter.

Our Winter Quarter (wherewith vsually we begin our Yeare) taketh his beginning commonly at such time, as the Sunne hauing finished his course through the thre Autumnall Signes, Libra, Scorpio, Sagittarius, ending the last scruple of Sagittarius, entereth the first minute of the Winter Sollicitall Signe Capricornus; at which time, because the Sunne then declineth farthest from our Zenith, which is the shortest Day and longest Night in the whole Yeare: After which sort, this present winter began the xi. day of December last past being thursday, and so continueth vntill the Sunne hath passed through these Hiemale Signes, Capricornus, Aquarius, and Pisces, and entereth into Aries the beginning of the Spring.

This Season, resembling naturally the temperature of the water, cold and moyst: And as I suppose, this Quarter is like to abound with diuers stormes and showers, which may procure (if v unexpected frost hinder not) some small congealed snowe.

Diseases like to afflict vs this Quarter, are many, as Melancholy, paines in the Backe and Kidnies, humiditie in the Stomacke, causing vnkindly digesture, and ach in the Teeth of many, especially of young women.

A Prognostication.

The best way to preserve thy Body from these, or such like Diseases, is by little & little, to alter their dyet, and abstaine from diuers cold and moist meates, whereby flegme and diuers raw and waterish Humors in cold stomackes, especially are ingendred: Let your Meate be rather roasted then boyled: vse now and then a draught of good strong wine: But aboue all, make accompt that there is nothing better to strengthen the digestiue vertue of the Stomacke, or moze conuenient to euacuate the superfluous moisture proceeding from raw humors in the Body, then strong motions, and exercise of the body, so it be moderately begun, not with a full stomacke, nor with ouer much eagernesse, but walking by degrees, that it may be the better continued.

Of the Spring.

The Sunne (the most glorious Lampe of the world, the ornament of the Heauens, and the comforter of Nature,) hauing coursed through euery degree of each Signe in the Zodiaque, ending the last Signe Pisces; and running his course afresh, entereth againe into the Equinoctiall Signe Aries, causing the Spring, the only pleasant, temperate, and healthfull Quarter in the whole yeare, bringing the Day and Night to an equall length: which Astronomicall Quarter, taketh his beginning the tenth of March, being tuesday, and continueth vntill the Sun hath passed through these three Vernall Signes Aries, Taurus, and Gemini, and entereth the first minute of the next Signe Cancer.

The vsuall and naturall qualities of this Quarter, being like in disposition to the Ayrie Element, hot and moist, like the Sanguine Complexion, and is like to exceed with much moisture, being very vn-

con-

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constant and variable, by reason of colde windes which are like to ensue; therefore I would wish Plough-men, not to neglect time when it is indifferent, that it will be hard to committe the appointed Seede to the earth, which is vsually sown this season; but the end of this Quarter may be somewhat more seasonable.

Diseases to be feared this Spring, are diuers, viz. paines in the Stomacke, obstructions in the Lungs, and shortnesse of Breath, much paine in the Head, the Quotidian and Tertian Feuer.

This Season, being the time in which the Pores of the Earth, hauing been long time shut vp through cold, are opened: Now Trees are filled with sappe vp to the top, and Herbs hauing been hid in the bowells of the Earth, spring vp in light; The fowles of the Ayre, and Beasts of the Earth, and the fishes of the water, doe now increase and multiply abundantly: Our Bodies likewise by course of Nature, are stuffed at this time of the yeare, flowing with superfluous Humors. we must be diligent to preserve our health, with a meane and temperate diet, for surfets are most apt, especially in the Spring; And it behooueth euery one in this season (which is most meet for the purpose,) to lighten their Bodies of those Humors that abound, lest the heate of Summer following ingrosse them, and bring such perilous maladies, as shall very hardly by Physicke be remedied; therefore I would perswade you to take remedy, with the aduice of some skilfull and honest Physitian.

Of the Summer.

Summer (accounting the third part of the Yeare Astronomicall,) beginneth vpon the eleuenth day of Iune, being thursday, the Sunne hauing climbed

A Prognostication.

(as it were by degrees) from the first grade of the Ramme, through the three Vernal Signes, ending the last minute of Gemini, passeth into the first scruple Cancer, the highest point of his ascention, at which time is the iust beginning of our Summer, being the first day of the Sunnes progression into the foresaid Summer Solsticiall Signe Cancer, so called, because that the day is then at the longest, and the night at the shortest, from which time, Phebus continueth descending by little and little, shortning the day, and lengthning the night, vntill he be come to the contrary Winter Solstice; This Summer continueth vntill the Sunne hath mooued through the three Estiuall Signes, Cancer, Leo, and Virgo, and entereth the first minute of the Autumnall Signe Libra.

This Quarter (in temperature disposed like the fire, hot & dry, like to the Cholericke Complexion,) it is like to exceed in the beginning and middelt, with extreame heate and drynesse, which may bring thunder and lightning, is like to be tempered with some pleasant coole blasts; and towards the end of Harvest, I feare some store of wet, which if the sloathfull Husband-man prevent not with diligence, may chance to with he had when it is too late.

Maladies suspected to molest our Bodies this Quarter, are like to be inflammations in the Stomack and inward parts, with much Head-ach for want of sleepe, hotte burning Agues, Sorrow, and Ulcerations, and shortnesse of Breath.

The most convenient way to prevent the causes of these, and other such like afflicts whatsoeuer, is, that euery one this season (by the counsell of the honest and well disposed Physician,) to haue their Bodies euacuated of such Humors as offend: likewise, for preservation of health, in the time present, Diet must be so ordered, that about all things, take heed of surfeiting,

ting, and no more Meate must be taken then shall suffice to preserve the Body in his strength and perfection: Furthermore, standing long in the hot Sun must be avoyded, and let thy Body be cloathed as slightly as may be, with all other meanes, diligently to bring the body to a cold and moist temperature; these things ought to be the more looked after, by reason of the Dogge-daies, which is as dangerous a time as any part of the yeare.

Of the Autumne.

PHebus having passed his motion through halfe the Celestiall Signes of the Zodiaque, and finished halfe the Solare Yeare, ending in the last degree of Virgo, goeth according to his accustomed manner, into the first minute of the second Aequinoctiall Autumnall Signe Libra, bringing the day and night to an equall length againe, as it was in the Spring; at which time usually beginneth the fourth and last Quarter of our common Yeare, commonly called Autumne, or Fall of the Leafe, being the third Quarter of the Yeare Astronomicall, the last time of the Suns progression into this Signe Libra, which is upon the xi. day of September, being friday: This Quarter continueth, while the Sun hath passed through the three Autumnall Signes, Libra, Scorpio, Sagitarius, and entereth the winter Signe Capricornus, the beginning of the next Yeare, 1620.

This Quarter inclining in the temperature of the Earth, cold and dry, like the Melancholike Complexion: I suppose (in the beginning) we shall perceave some stoe of Lightning, not without some great crackes of Thunder, and likewise boysterous winds, which are like to blowe fruite from trees, ere they be ripe: And towards the end of this Quarter, we are
like

A Prognostication.

like to haue some store of Snow and frostie Weather.

The Diseases of this Quarter, are properly, paines in the Backe, darkenes of Sight, also Palsies, and Crampes, Goutes, especially to rich Men; and diuers other Diseases, which shall be referred to the skillfull Physicians.

This Season, being in temperature and qualittie contrary & opposite to the Spring, wherein all inferior earthly Creatures, perceiving the force of Phebus rayes to decay, whereby euen the Earth loseth her beauty; for Trees flourishing all the Summer with green leaues and fruite, begin to let fall their Happe, and naturall strength receaued from the Earth, to the Earth againe: Likewise, flying Fowles, whome the pleasure of the Spring and Summer brought vnto vs, doe now forsake our quarters, and hast themselves into hotter Regions: and sundry Creatures of the Earth betake themselves to their denkes, to defend themselves from the sharpe ayre following, therefore it behoueth every one discretely to moderate himselfe in labour, meate, and drinke, and sleepe, that the pores of the Body may not be by them decayed: Therefore Autumne aduiseeth every one to arme their Bodies with such Provision as Nature & Art hath deuised, to keepe them from the extremitie of this Season.

Short Notes for the Letting of Blood, Purg-
ing, Bathing, and Sweating, which
ought to be carefully obserued.

It is not good at any time to let Blood without
great cause, and in letting Blood, the Patient must
not be too feeble or weake, nor yet the weather too hot,
nor too cold, and let the Chirurgion in no wise touch
any Member in the houre when any euill Planet
raigneth, nor yet when the Sun, Moone, or Lord of the
the

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the east Angle shall be in the Signe that governeth the same Member, or in Leone; And this must be as well considered in breaking or setting of Bones, and such like.

In the Spring-time, let Blood on the right side, in the Harvest on the left side, if the Disease (for any especiall cause) require not the contrary, and let them be fasting that shall be let Blood in any Arme.

The Cholerick may be best let Blood when the Moone is in Cancer, Scorpio, or Pisces, Best, Primitives, and Feete excepted.

The Flegmatick, when the Moone is in Aries, or Sagittarius, the Head and Thighes excepted.

The Melancholy, when the Moone is in Libra, or Aquarius, Buttocks and Legges excepted.

And for the Sanguine Complexion, all the former Signes are indifferent, being done with aduise and consideration, as well of the state of the persons, as of the time and cause: Yet if necessity require, Blood-letting may be vsed at all times, otherwise, the conuenientest time in the yeare is the Spring, as in some part of february, & so to the midst of may; & likewise in september, vntill the end of october: neyther is it good to let blood often in one yeare, and where there is but little good Blood, abstaine from blood letting.

Beware of Blood letting after a long Sicknesse, for bleeding without need, doth moze harme then good: Likewise, it is very euill and dangerous for any one to bleed, the Moone being in Taurus, Gemini, Leo, Virgo, or Capricornus with the last halfe of Libra, and Scorpio, and also two daies befoze, or two daies after the change of the Moone.

For Purging.

The Signes generally good for Purging, are these, Cancer, Scorpio, and Pisces.

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For Bathing.

It is best Bathing generally, when the Moone is in Aries, Leo, and sagitarius, and that two or three daies after the Change, & at the full of the Moone, for then the superfluities are ripe, and ready to auoyd and flow out, &c.

And if any one will enter into Bath for cleynnesse sake, let it be don in Libra, or Pisces.

Of Sweating.

The best and meetest Signes to sweate in, are when the Moone hath her course in Aries Leo, and Sag tarius, and that two or three daies after the change, and at the full of the Moone; and note, that in Sweating, it is better to doe it after Meate, then when you are fasting, for when the Body hath nourishment within, the Spirits shall not be drawne forth to the extreame parts: Note also, that leane and weake Bodies must sweat but little, but fat and strong folkes may sweate well, and it will helpe them much.

The Nature of the foure Winds.

There are great quantity of Winds, whereof some of them are hurtfull to Fruites and Seedes of the Earth: The North Wind is opposite to the South, cold and dry, in Winter causeth frost and snow, in Summer cold and faire weath; it is good against the Pestilence, and other diseases and sickneses, but hurtfull to flowers, Blossoms, and Fruites of the Earth.

The South warme and moist causeth Cloudes, great Raine, with diuerse kinds of diseases and flourish.

The East Winde, is fiery, hot, and dry, it causeth cold and bitter stormes and tempests, it ingendereth Cloudes, and preserueeth mens bodies in health, but it is euill for Grasse, & all things grow- ing vpon the Earth, by reason of his exceeding sharpe coloneffe.

The West Wind, is cold and moist, it causeth warme and dry weather, it looseth and vnbindeth the cold frosts and snowes, and causeth sometimes great Windes, Lightning, and Thunder, but most commonly faire weather, and is good for Grasse, and all Fruices of the Earth. As for the side Windes, they take part of the nature of their principall Windes.

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A brieve Table or Rule, to know the Tyde, or Full Sea, in all the principall Hauens, in, or neere adioyning to *England*; and also to know the *houre of the Night by the Moone.*

The MOONS age.	Her com ming to South		High water at Lon don.		These Houres and Minutes ad- ded to her coming to the South, the Tide.	H	M
	H	M	H	M			
days.							
1	16	12	48	3	44	0	0
2	17	1	36	4	5	0	45
3	18	2	24	5	8	1	30
4	19	3	12	5	50	2	15
5	20	4	0	6	34	3	0
6	21	4	48	7	16	3	45
7	22	5	36	8	0	4	30
8	23	6	24	8	50	5	15
9	24	8	12	9	43	6	0
10	25	8	0	10	38	6	45
11	26	18	48	11	30	7	30
12	27	7	36	12	22	8	15
13	28	0	24	1	13	9	0
14	29	11	12	2	8	9	45
15	30	12	0	3	5	10	30
						11	15

To know the time of the Tydes, according to the Table afore going.

First, if you would haue your desire, find the age of the Moone in the Kalendar; her age being found, look in the former Table what time she cometh to the South, at the same age, and to the time there found, adde the houres and minutes to be added, fol- lowing the name of the place you desire to know the Tyde, and the whole summe sheweth your desire.

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As for example, this yeare the 8 day of January, the Moone is 23 daies old, now in this Table vnder the age of the Moone, I finde 23 in the space, then I find her coming to the South at 6 a clocke and 24 minutes: (here note, that 60 minuts make an hower,) Now for Bristol, I finde in the last space 6 houres 45 minuts, which added to 6 houres and 24 minuts (before found) make 1 a clocke and 9 minuts, the time of high water at Bristol; The same and the like order is to be obserued in all: Likewise for the time of high water at London, you shall find corrected according to the obseruation, for each day of the Moone, vnder the title of, high water at London. &c.

Moreover, to find the houre of night by the Moone; first find the time of her coming to the South, (as before) which being noted, then repaire to a Sun-dyall; as you would doe if the Sun did shine, and marke what number of houres and minuts the shadow of the Dyall doth want of the South point, or 12 a clocke, so much doth it then want of the time found in this Table, and looke how much the shadow is past 12, so much is the houre past that is found in the Table.

As for example, the 8 day of January the Moone is 23 daies old, her south point in the foresaid Table is 6 a clocke 24 minuts, that is a quarter of an houre and 9 minuts past 6, and I finde the shadow in the Dyall at 8, which lacketh 4 houres of 12, or the South, whereby you may vnderstand, that it is a quarter of an houre and 9 minuts past 2 a clocke.

Neutrum Luminarium in Nostro Hemispherio eclipsabitur hoc anno. 1629.

Notes of Particular workes that a Husbandman ought to be carefull to doe euery moneth in the yeare.

Ianuarie abstract.

In this Moneth fell Timber and other fuell, which will not be amisse for the Season: rid fruit trees of superfluous branches, and vncouer the rootes of old fruite bearing trees, and moysten those that are swaren barren, the Moone decreasing, graft all such great

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great and litle trees which bud betimes, as Quince trees, Rose trees, Apricock trees, Plumbe trees, Peaches, and Cherry trees; the Moone increasing, and if the wind blow not from the north, it will be good to set Apple, Peare, Warden, Quince, Plumbe, Damson, Cherry, Wallnut, Filbert, Gooseberry, Warbery, the younger the better: Make ready your Plough tacles, and rise vp the ley ground for Dates; and in the last Quarter of the Moone, you may sow Rouncifall Pease and Beanes, if you please.

The Abstract for Frebruary.

In February, it will be very conuenient to carry dung into your Corne fields and Meddowes, and the new Moone this moneth, maketh a fit time to graft or plant, or almost to set any kind of Trees, and to cut quick-set hedges, likewise in the last quarter of the Moone, you may set or sow Pease, Beanes, and all kind of Pulse; mozeouer, it belongeth to euery good Huswife to play the Gardiner, neyther to spare cost nor labour, to sow and set her Garden with all kind of Seeds for Sallad, whereby her huswifery may be shewen forth at her Husbands Table, and such as loue variety, you may set Carnells of all sort to beautify your Orchards. And it belongeth to a poynt of good husbandry, to be carefull that he doe not neglect setting of Hoppes for his prouision, and sowing of Masted-seed, and Dates, and pricking or forking vp his rouncifall Pease: mozeouer, in this moneth you must be carefull to cleanse your Dove-house, Henne-house, and the place where your Peacocks and Geese make their haunts, because that these fowles in the end of this moneth begin to be hot and to tread, and likewise to ouerlooke the warrens, if there be any scarcity, to stoze it anew, & to handsome vp the earth, whereby it may replenish.

The

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The Abstract for March.

The tyme sitteth in the beginning of this moneth to sow Dates, Warley, Pease, and Beanes, if you did not sowe them in february; you may weede your Corne, and get Crists to graft, for when the sappe beginneth to clumbe the trees, and before they put forth any Budds, you may plant these fruites, Filberts, Chestnuts, small Nuts, and Apricocks, sowe nurseries with the kernells of Apples, Peares, and such otherlike fruites; moreouer, plant such Hearbes as are set lowe and close by the ground, as Sage, Lauender, Rosemary, Goosebery bush, Roses, Cowcumbers, and Pompions, forget not to trim by your kitchen Garden, and set in such Seedes as may be necessary.

The Abstract for Aprill.

This moneth sowe Hempe, Flaxe, and Warley, and all other Seeds that are left unsowne, and set all sort of garden Hearbes and Flowers, now beginneth the tyme to slippe the barke of Trees, and to cut the new Vineg, and good Huswines to be busied among their Dary-maides.

The Abstract for May.

All kind of fine and tender Hearbes must now be set and sowne, as Summer-sauter, Sweet-marietum, Pur-laine, Smallage, & Turneps, and Sage, also it is the only tyme to sow Flaxe and Hempe, and weede your Hops and other Gardens, & rid Crafts, & other Plants of succours or superfluous branches.

The abstract for Iune.

This moneth especially, Corne, Hearbes, & Hop-gardens carefully weeded, shere your Sheepe, and mowe downe your lowe Medowes after the longest day in the yeare, for before it will not be so convenient, neither will it be so good, but will be more sweet for

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for your Cattle, and this moneth is singular for the setting of Saffron, it is good setting all kinde of Silly flowers, and Rose-mary, and to sowe Gallen hearbes thre or foure daies before the full Moone, and Rabiſhes thre or foure daies after, every moneth from the beginning of March to the end of September.

The Abstract for Iuly.

In this moneth, it is the part of a good Husband to be stowing amongst his Hay-cocks, and not to neglect cutting downe his high Weedowes, and much of other grounds, for the continuance of faire weather is doubtfull, and to good Husbandes belongeth this moneth to gather your Flowers and seedes, such as you purpose to keepe all the yeare, and ere this moneth be cleane gone, you may put your Sickle to your hard Corne, as Wheat, and Rye, and bereaping thereof, then follow betimes, for by so doing it will be a meanes to destroy the Weedes.

The Abstract for August.

This moneth is the time that Husband-men receive the fruites and profit of all their labours before past, that is, to reape their Corne, and he of the that will not bestir themselves now to worke, shall by my counsell, eat his whole Bread at Christmas; all such Seedes as in the former moneth were not ripe in your Gardens, are now come to perfection, and ready to be gathered, gather Hoppes, and break not the peales, but gather them dry, and so let them lye.

The Abstract for September.

September being now come, reape your Barley, Pease, and Beanes, and about the midst of this moneth set Artichokes, cut Quick-set hedges, and Roses: it is also a good time to set Roses, young Apples, Peares, and Warden Trees, set Strawberryes, Violets, and Gilt-flowers, at the full of the Moone gather your Apples, but for winter Fruit, gather them not until Michaelmas be past, for fruit being gathered too timely will take of the wood, and shrink, and be bitter; sowe Parsneps, and Carrots, and sowe seedes for winter Hearbes.

The Abstract for October.

In the new of the Moone, remove and set young Trees, both Apples, and Peares, and Plummes, but in hot grounds sowe of set Pease, Beanes, and Parsneps, the Moone continuing, sowe
C
Wheat

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The Abstract for March.

The tyme sitteyth in the beginning of this moneth to sow Dates, Barley, Pease, and Beanes, if you did not sowe them in February: you may weede your Corne, and get Grafts to graft, for when the sappe beginneth to clumbe the trees, and before they put forth any Buds, you may plant these frutes, Filberts, Chestnuts, small Nuts, and Apricocks, some nurseries with the kernells of Apples, Peares, and such otherlike frutes; more-ouer, plant such Hearbes as are set lowe and close by the ground, as Sage, Lauender, Rosemary, Goosebery bush, Roses, Cowcumbers, and Pompions, forget not to trim by your kitchen Garden, and setoe such Seedes as may be necessary.

The Abstract for April.

This moneth some Hempe, flaxe, and Barley, and all other Seeds that are left vsowne, and set all sort of garden Hearbes and flowers, now beginneth the time to slippe the barke of Trees, and to cut the new Vineg, and good Huswines to be bushes among their Dary-maides.

The Abstract for May.

All kind of fine and tender Hearbes must now be set and sowne, as Summer-sauey, Sweet-mari-cum, Pur-laine, Smallege, & Turneps, and Sage, also it is the only tyme to some flaxe and Hempe, and weede your Hops and other Gardens, & rid Grafts, & other Plants of succours or superfluous branches.

The abstract for Iune.

This moneth especially, Corne, Hearbes, & Hop-gardens carefully weeded, shere your Sheepe, and mowe downe your lowe Medowes after the longest day in the yeare, for before it will not be so convenient, neither will it be so good, but will be more sweete

for

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Wheate and Rye, if raie doe not soe: let you, scoure ditches, and cut hedges, and Trees, gather your winteres Fruits, and neglect not to water sorrows thy ground, lest that too much raie distorne thy Copie.

The Abstract for Nouember.

This Moneth it will not be amisse for remoouing of Trees, as Apples, Peares, Gardens, Roses, &c. and in Ianuary and February, it is good to set Crab-stocks to graft upon, and in the beginning of this moneth (for the most part) it is good to solwe Wheate and Rye, cut downe your Timber-wood in the wayning of the Moone, and fallow your Lande for Barley.

The Abstract for December.

In December, you must often visite your fields, thereby to let out the Waters which may stand in them after great raine, like wise cause the waters to run through old Meddowes if need require, cut downe the boughes and heads of Willowes, Poplars, Saplings, and other Trees, that they may the sooner grow, it will be a fit time to repaire Hedges, and to cleare wood, and to looke to your Cattle, and let your Horses blood ere Christmas be past: And thus would I haue you conclude the Yeare, with thanking your Neighbours, and fitting together, that God sent his only begotten Sonne about this time into the World, to redeeme sinners, and to bring vs into the Kingdome of Heauen, to which place God grant vs all to come. Amen.

Besides these Abstracts, these Rules of Husbandry Elections ought to be obserued.

The conuenientest time to Set, Sow, Plant, Graft, and such like, hauing a regard to the Seasons of the yeare, or when the Moone is in Taurus, Virgo, Capricornus, or Pisces, and that between the Change and the Full, the Wind neither North nor East.

You may solwe Seeds (especially in Gardens) between the change and the full, when the Moone is in Virgo, Sagittarius, or Pisces.

Sow or set such Seeds as the fruite will be round, that is Orions, Turneps, or Cabages, and the like, thre or foure daies before the full Moone.

If you doe remooke any Trees, or will plant them that are young,

young, it is best doing of them in the last Quarter of the Moone,
h: having her course in Taurus, or Capricornus,

Cut your Vines when the Moone is in Aries, Libra, or Scorpio.

And when you cut down your Trees for timber to build with,
all doe it towards the latter end of the last quarter of the Moone,
and chiefly in the Signes Aquarius, and Pisces: But when you
cut down wood to burne, and would haue the Stockes to grow
soone againe, doe it in the first Quarter of the Moone, when she
is in the Signe Aries, or Libra.

Seld or lile Cattle from the last Quarter of the Moone to the
change, she being in Aries, Sagittarius, or Capricornus.

Fallow your Lands the Moone decreasing.

Sheare Sheepe in the increase of the Moone.

Cut waire to grow, the Moone in Taurus, Virgo, or Libra,
increasing.

To destroy haices, Cornes, Martes, Mennes, &c. cut them in
the last Quarter of the Moone.

Kill Beeces, or Swine, neere the full Moone.

Gather Fruite at the Full of the Moone, so it be drye.

A Geographicall description of Waies from one
notable Towne to an other, ouer all England, and
thereby how to trauell from any of them to the
Cittie of London: set forth after a new order.

Note that the Figures in the rowes vnder this § marke,
is the distance of that Towne they stand against,
from London, or from the Towne you are directed vnto.

From Yorke to London, 150. Miles.

From Yorke goe first to Tadcaster, which is 8 miles.

miles §			miles §		
Thence to	Wentbridge	12 130	thence to	Stilton	12 7
	Doncaster	7 123		Huntington	9 18
	Tuxford	18 105		Royston	15 13
	Newarke	10 95		Ware	13 10
	Grantham	10 85		Waltham	3 12
	Stamford	16 69		London	12
C 2			From		

From Norwich to London, 55 miles.
 Goe first to Windam, which is 5 miles.

miles			§	miles			§
Thence to	Acleborough	5	76	thence to	Barkway	10	30
	Thetford	10	66		Puckeridge	5	25
	Icklinham sands	6	60		Ware	5	20
	Newmarket	10	50		Waltham	8	12
	Whitford-bridg	10	40		London	12	

From Yarmouth to Colchester, and so to London 92 miles.
 Goe first to Lestoffe, which is 6 miles.

miles §			miles §			
Thence to	Blidbur	10 76	thence to	Kelvedon	18 35	
	Snap-bridge	8 68		{	Chelmsford	10 25
	Wood-bridge	6 62			Brentwood	10 15
	Ipswich	7 55			London	15
	Colchester	12 43				

From Walsingham to London, 82.
 Goe first to Pickham, which is 12 miles, thence

To	{	Brandon ferry	10	60	thence	{	to London, as in
		Newmarket	10	50			Norwich way.
		Whitford brid.	10	40			

From Corkermouth to Lancaster, and so to London, 223 ms.
 Goe first to Kiswike, which is 6 miles.

	miles	§		miles	§		
Thence to	Grocener	8	217	thence to	Couentry	8	82
	Kendall	14	203		Deuentry	14	74
	Burton	7	195		Tocester	10	60
	Lancaster	8	188		Stonistratford	6	50
	Preston	20	163		Brickhill	7	44
	Wigan	14	154		Dunstable	7	30
	Warinton	12	142		S. Albome	10	20
	Newcastle	20	127		Barnet	10	10
	Liechfield	20	104		London	10	
	Colestill	12	90				

From

From Barwicke to Yorke, 108. miles.
 Goe first to Belford, which is 12 miles.

	miles	§		miles	§
Thence to { Anwicke	12	84	thence to { Darington	14	34
{ Morpit	12	72	{ Northalerton	10	24
{ Newcastle	12	60	{ Topcliffe	7	17
{ Durham	12	48	{ Yorke	17	

From Shrewesbury to Couentry, and so to London 126 ms.
 Goe first to VVatlingstreete, which is 7 miles.

	miles	§		miles	§
Thence to { Shesuall	3	114	thence to { Meriden	10	86
{ Banningall	3	111	{ Couentry	4	82
{ VVolverhamton	5	106	{ London as in		
{ Bremicham	10	96	{ Lancaster way.		

From Cambridge to London, 44 miles.
 Goe first to Royston, which is 10 miles, thence

	miles	§		miles	§
To { Barkeway	4	30	{ Waltham	8	12
{ Puckeridge	5	25	{ London	12	
{ VVare	5	20			

From Oxford to London, 47 miles.
 Goe first to VVhately bridge, which is 5 miles, thence

	miles	§		miles	§
To { Tetfworth	5	37	{ Beconfield	5	12
{ Staken-church	5	32	{ Vxbridge	7	15
{ Wickham	5	27	{ London	15	

From Exeter to London, 138 miles.
 Goe first to Honiton, which is 12 miles.

	miles	§		miles	§
Thence to { Chard	10	116	thence to { Basingstoke	16	39
{ Crookehorne	6	110	{ Hartherow	8	31
{ Sherborne	10	100	{ Bagshot	8	23
{ Shaftsbury	12	88	{ Stanes	8	15
{ Salisbury	18	70	{ London	15	
{ Andover	15	55			

From Countrey to Cambridge, 48 miles.
 Goe first to Dunchurch, which is 8 miles, thence
 miles \$

10 {	Northampton	10 28	9 {	S Eedes	8 10
	Higham-ferries	10 18		Cambridge	10

From Brisflow to Oxford, 48 miles.
 Goe first to Sadbury, which is 10 miles, thence
 miles \$

9 {	Cicister	12 16	9 {	Oxford	12
	Farington	14 12			

From Brisflow to Shrewesbury, 70 miles, thence
 Goe first to Awer, which is 8 miles, thence
 miles \$

10 {	Munmouth	12 52	9 {	Ludlow	8 26
	Hereford	12 40		Shrewesbury	20
	Lempster	12 38			

There is another way to go to Shrewesbury from Brisflow, as to Gloucester, Tewkesbury, Worcester, and Birdgorth, &c. but it is 17 miles further, and then you passe no Ferry.

From York to Shrewesbury, 103 miles.
 Goe first to Wetherby, which is 7 miles,
 miles \$

Thence to {	Oteley	13 83	thence to {	Norwich	16 16
	Bradford	6 77		Beeston-wood	9 26
	Halifax	6 71		Whitechurch	10 16
	Blackston-edge	6 65		Price	4 12
	Roch-dale	9 59		Shrewesbury	12
	Manchester	8 51			

FINIS.